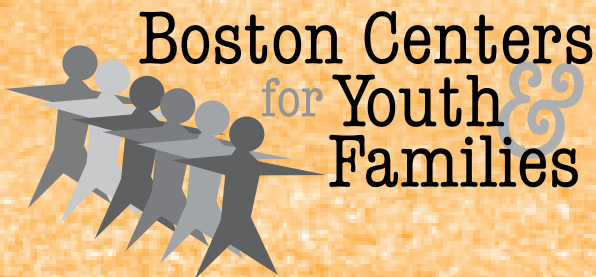


BCYF Roche Family Community Center

Fall Program Guide 2012



Thomas M. Menino, Mayor
Daphne Griffin, Executive Director

Who We Are

The West Roxbury Community Centers (WRCC) is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council and in partnership with the Boston Centers for Youth & Families (BCYF), WRCC's continued mission is to reach all residents of its community and provide quality educational, recreational and social programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community

Fall/Winter Schedule Highlights

September 5	Registration for City of Boston residents only 5:00pm-7pm at back entrance
September 10	Small Wonders Early Childhood program begins
September 12	Registration begins for non-residents @ 9am
September 17	Session I begins
October 6 & 20	Girls House League Tryouts
October 13 & 27	Boys House League Tryouts
November 5	Session II begins
November 14	Thanksgiving Lunch for Seniors
November 17	House League begins
December 12	Holiday Lunch for Seniors

Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.

West Roxbury Community Center Council Members

West Roxbury Community Center's Council is a not for profit 501(c) 3. Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

Membership at WRCC

How to become a Member

To become a member of the West Roxbury Community Center, come to 1716 Centre Street and pay the annual membership fee. Membership is renewable each September. Payment by check or money order only. No cash accepted.

Membership Privileges

This brochure details programs offered for the 2012 Fall/Winter sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior	\$10	\$20
Student (Grade 6-up)	\$10	\$20

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Fall/Winter 2012 programs begins on Wednesday, September 5th at 5pm for City of Boston residents ONLY. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, September 12th at 9am. One registration per family/member on September 5th. Unless otherwise stated in the program description, WRCC membership is required. Please call (617)635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. Registration by mail will not be accepted. Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.

Registration Policy

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of a session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition for that program.

***Any program questions or concerns you can contact us by e-mailing us at rochecc@cityofboston.gov**

BCYF Roche Family Community Center

A George Robert White Trust Facility
(617) 635-5066 • 1716 Centre Street

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

Hours of Operation

Monday – Friday 8:00 am – 9:00 pm
Saturday 9:00 am – 5:00 pm

Jim Roche Community Ice Arena

(617) 233-9512 • 1275 VFW Parkway

Parking available in lot next to the arena.

Public Skating

Monday – Friday @ 12noon – 1:50pm
Friday evenings @ 8:00pm – 9:50pm with DJ
Saturday afternoons @ 2:00pm – 3:50pm
Sunday afternoons @ 2:00pm – 3:50pm

\$5.00 admission – all ages / \$4.00 rental skates* Effective January 1, 2012 WRCC

Members will be able to skate during public skating hours for free. Must present current membership card for free admission.

Schedules available at arena, online @ www.fmcicesports.com or call 888-64-RINKS

Senior Skate

Wednesdays @ 11:00am – 11:50am

Free admission for seniors ages 65 & up.

WRCC members are able to skate during public skating hours for free. Each member must present a current WRCC membership card for free admission.

2012 Holidays

West Roxbury Community Centers will be closed in observance of the following holidays:

Labor Day	September 3	Thanksgiving	November 22
Columbus Day	October 8	Christmas	December 25
Veterans Day	November 12		

Preschool Programs

Toddler Time

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00 – 9:45 am
TT2	1	Crawling – 1.5	Wednesday	9:00 – 9:45 am
TT3	1	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT4	1	1.5- 2.5	Tuesday	9:45-10:30am
TT5	1	1.5- 2.5	Wednesday	9:45-10:30am
TT6	1	1.5- 2.5	Thursday	9:45-10:30am
TT7	1	2.5- 3	Tuesday	10:30-11:15am
TT8	1	2.5- 3	Wednesday	10:30-11:15am
TT9	1	2.5- 3	Thursday	10:30-11:15am

Session 2 begins the week of November 5, 2012

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00 – 9:45 am
TT11	2	Crawling – 1.5	Wednesday	9:00 – 9:45 am
TT12	2	Crawling – 1.5	Thursday	9:00 – 9:45 am
TT13	2	1.5- 2.5	Tuesday	9:45-10:30am
TT14	2	1.5- 2.5	Wednesday	9:45-10:30am
TT15	2	1.5- 2.5	Thursday	9:45-10:30am
TT16	2	2.5- 3	Tuesday	10:30-11:15am
TT17	2	2.5- 3	Wednesday	10:30-11:15am
TT18	2	2.5- 3	Thursday	10:30-11:15am

Sticky Fingers

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as crafts, play dough, sand play, chalk, etc. Come on in and get messy! Due to the popularity of this class, members may only register for 1 class per week **Limit 12 per class.**

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF2	1	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF3	1	18 months - 2.5	Thursday	9:00 – 9:45 am
SF4	1	2.5-3.5	Tuesday	9:45-10:30am
SF5	1	2.5-3.5	Wednesday	10:30-11:15am
SF6	1	2.5-3.5	Thursday	9:45-10:30am
SF7	1	2.5-3.5	Tuesday	10:30-11:15am
SF8	1	2.5-3.5	Wednesday	9:45-10:30am
SF9	1	2.5-3.5	Thursday	10:30-11:15am

Session 2 begins the week of November 5, 2012

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00 – 9:45 am
SF11	2	18 months – 2.5	Wednesday	9:00 – 9:45 am
SF12	2	18 months – 2.5	Thursday	9:00 – 9:45 am
SF13	2	2.5-3.5	Tuesday	9:45-10:30am
SF14	2	2.5-3.5	Wednesday	10:30-11:15am
SF15	2	2.5-3.5	Thursday	9:45-10:30am
SF16	2	2.5-3.5	Tuesday	10:30-11:15am
SF17	2	2.5-3.5	Wednesday	9:45-10:30am
SF18	2	2.5-3.5	Thursday	10:30-11:15am

Instructor: Barbara Isberg

Creative Movement and Dance

Tuition: \$35 per seven week session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parent and follow**

instructions. Session 1 begins September 17, 2012

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15–11:00 am

Session 2 begins November 5, 2012

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15–11:00 am

Instructor: Valerie Maio

Sports, Games & More...

Tuition: \$35 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

Limit 12 per class.

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:30–10:15 am
SG2	1	4-5	Monday	1:15-2:00 pm
SG3	1	3	Friday	9:30 - 10:15 am
SG4	1	3	Friday	10:15 - 11:00 am

Session 2 begins the week of November 5, 2012

Code	Session	Age	Day	Time
SG5	2	3	Monday	9:30–10:15 am
SG6	2	4-5	Monday	1:15 - 2:00 pm
SG7	2	3	Friday	9:30 - 10:15 am
SG8	2	3	Friday	10:15 - 11:00 am

Instructor: Joan Kennedy

Youth Programs

Pee Wee Basketball

Tuition: \$30 per seven week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
PWB1	1	5-6	Tuesday	4:00-4:45pm
PWB2	1	5-6	Wednesday	4:45-5:30pm
PWB3	1	7-8	Tuesday	4:45-5:30pm
PWB4	1	7-8	Wednesday	4:00-4:45pm

Session 2 begins the week of November 5, 2012

Code	Session	Age	Day	Time
PWB5	2	5-6	Tuesday	4:00-4:45pm
PWB6	2	5-6	Wednesday	4:45-5:30pm
PWB7	2	7-8	Tuesday	4:45-5:30pm
PWB8	2	7-8	Wednesday	4:00-4:45pm

Wide World of Sports

Tuition: \$30 per seven week session

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
WW1	1	6-8	Friday	3:30-4:15pm
WW2	1	6-8	Friday	4:15-5:00pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:30-4:15pm
WW4	2	6-8	Friday	4:15-5:00pm

Instructional Tennis

Tuition: \$30

WRCC Athletics is introducing tennis! Learn the fundamentals and build skills during mini tennis matches!

Session 1 begins the week of November 5, 2012

Code	Session	Age	Day	Time
TEN1	2	8-10	Thursday	4:00-4:45pm

Youth Karate

Tuition: \$40

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

Session 1 begins the week of September 17, 2012

Code	Session	Age	Day	Time
YK1	1	4-8	Wednesday	5:15 - 6:00pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
YK2	2	4-8	Wednesday	5:15 - 6:00pm

Instructor: Ari Cassarino

Minor League Wheelhouse Baseball Clinic

Tuition: \$50 per seven week session

This Fall baseball clinic will focus on developing the proper fundamentals of hitting, catching, throwing, fielding and base-running mechanics. The goal of this program is to challenge passionate Minor League players of all ability levels to improve their skills, in a fun, safe training environment.

*Clinics will be held outdoors at local baseball fields. During inclement weather, clinic will take place at the Roche Center.

Limit 12 players

Session begins the week of September 17, 2012

Code	Session	Ages	Day	Time
WBC1	1	10-12	Monday	4:00 - 5:30pm

Major League Wheelhouse Baseball Clinic

Tuition: \$50 per seven week session

This Fall baseball clinic will focus on developing the proper fundamentals of hitting, catching, throwing, fielding and base-running mechanics. The goal of this program is to challenge passionate Major League players of all ability levels to improve their skills in a fun, safe training environment. *Clinics will be held outdoors at local baseball fields. During inclement weather, clinic will take place at the Roche Center

Limit 12 players

Session begins the week of September 17, 2012

Code	Session	Ages	Day	Time
WBC1	1	10-12	Thursday	4:00 - 5:30pm

Beginner Guitar Class

Tuition: \$100 per 14 week session

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

14 week session begins Monday, September 17, 2012

Code	Session	Ages	Day	Time
BGC1	1	9-16	Thursday	5pm-6pm

Instructor: Brian Campell

Guitar Class Level 2

Tuition: \$100 per 14 week session

Participants are expected to know how to tune and form most open cords before registering for this class. This 14 week session will focus on open chord changes, bar chords and ear-training. Participants must own working guitar, tuner, picks, etc

Limit 10

14 week session begins Wednesday, September 19, 2012

Code	Session	Ages	Day	Time
GCL2	1	9-16	Thursday	6pm-7pm

Instructor: Brian Campell

WRCC Art Workshop

Tuition: \$60 per seven week session

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
CRAFT1	1	5-6	Tuesday	3:45-4:30pm
CRAFT2	1	7-12	Tuesday	4:45-5:30pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
CRAFT3	2	5-6	Tuesday	3:45-4:30pm
CRAFT4	2	7-12	Tuesday	4:45-5:30pm

Instructor: Joanne Clamage

Pee Wee Drama

Tuition: \$35 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

Session 1 begins the week of September 12, 2012

Code	Session	Age	Day	Time
PWD1	1	4-6	Thursday	3:30-4:15pm
PWD2	1	4-6	Friday	3:30-4:15pm
PWD3	1	6-8	Friday	4:15-5:00pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
PWD4	2	4-6	Friday	3:30-4:15pm
PWD5	2	6-8	Friday	4:15-5:00pm

Instructor: Bill Jacob

WRCC Players Program Requirement: Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.

Act it Out!

Tuition: \$35 per seven week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
AO1	1	9 & Up	Friday	5:00-5:45pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
AO2	2	9 & Up	Friday	5:00-5:45pm

Instructor: Bill Jacob

WRCC House League

Boys & Girls Basketball League

Grades 3-6

Tuition: \$80

Sign up now for the 17th season of WRCC's Boys/Girls House League!! This program consists of team concepts and competitive games. Teams will be determined by grade and scrimmage evaluations. Each team will practice once a week and play on the weekend. Attendance at weekly practice is mandatory. Coaches are needed to assist with the league, if you are interested in coaching please contact Rich (617)635-5066. Scrimmage evaluations for the Boys & Girls will be held on Saturdays beginning in September at the Roche Center. Players must attend one of the Saturdays to be evaluated before he/she will be assigned to a team. Games will be played on the weekends beginning in November.

Tryout Schedule

Code	Grades	Dates	Day	Time
GHL1	3&4	October 6	Saturday	10:00-12pm
"	3&4	October 20	Saturday	1:00-3pm
GHL2	5&6	October 6	Saturday	1:00-3pm
"	5&6	October 20	Saturday	10:00-12pm
BHL1	3&4	October 13	Saturday	10:00-12pm
"	3&4	October 27	Saturday	1:00-3pm
BHL2	5&6	October 13	Saturday	1:00-3pm
"	5&6	October 27	Saturday	10:00-12pm

House League Practice Schedule

Each division will have a set night for practices. See below.

Grades/Code	Practice Nights
Boys 5&6/BHL2	Monday
Girls 3&4/GHL1	Tuesday
Boys 3&4/BHL1	Wednesday
Girls 5&6/GHL2	Thursday

*Players must register for the House League by September 21st in order to be ensured a slot on a team. Look on the House League Web Site for more information:
www.leaguelineup.com/wrcc

Boys' Teen Basketball League

Tuition: \$80.00

Sign up now for the WRCC Teen House League! Teens will play at the Roche Center on Friday nights. Coaches are needed to assist with the teams. Pre-registration for the league is required as space is limited to 6 teams. Players must register by September 28th in order to be ensured a slot on a team.

Games will begin in November

Code	Grades	Day	Time
BTL	7-9	Friday	5pm-9pm

Coaches Meetings

Coaches are needed for all our leagues. Experience is not required, as the WRCC staff will be working with all practices. If you are interested in coaching let us know when you register your child or contact Jesse for more information at (617) 635-5066. All coaches must complete a CORI and SORI check.

Grades	Date	Time
3&4	November 7	6:30 pm
5&6	November 7	7pm

House League Co-ed Skills Clinic

Tuition: \$30/1 seven week session

Come down and work on your skills before the House League begins. This one session clinic will have you prepared for evaluations and ready to play. The clinics will begin on Wednesday, September 19th at the Roche Center.

Code	Session	Grade	Day	Time
SC1	1	3-4	Wednesday	5:30 -6:15 pm
SC2	1	5-6	Wednesday	6:15-7:00 pm

TEEN CENTER ON CENTRE (T.C.O.C.) Program

WRCC's Teen Center on Centre(T.C.O.C.) is for youth in Grades 6 - up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee access to our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact our Youth Workers: Courtney at courtney.losi@cityofboston.gov or Jesse at jesse.deforge@cityofboston.gov

Teen Center Drop In

Mondays -Thursdays 2:30 - 6pm
Fridays Times may vary due to trips

This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Get your homework assignments done in our computer lab or simply come down and hang out. **Membership is all you need to take part in this program.**

Friday Night Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing courtney.losi@cityofboston.gov. Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! Due to the limited number of slots for teen trips, once registration is accepted by WRCC no refunds, credits, or transfers will be given if a teen does not attend. Must fill out permission slips for all trips.

6th Grade Nights

Tuition: \$5 per youth

Join us the first Friday of each month for a night just for 6th graders! Ping Pong tournaments, Guitar Hero, Board Games and more! While the older kids are at the dance let's have some fun of our own!! Pizza and drinks provided.

Pre-registration required.

Code	Date	Grade	Cost
6GN1	TBA*	6	\$5
6GN2	TBA*	6	\$5
6GN3	TBA*	6	\$5

* To coincide with Holy Name Dance Schedule

TCOC Holiday Giving Tree

For our 10th year in a row, we will be setting up our Holiday Giving Tree. The TCOC will sponsor families through "My Brother's Keeper". This non-profit represents less fortunate families in Massachusetts. Look for our trees at the Roche Center in early December. Gifts will be due at the center on or before December 14th.

Please check the West Roxbury PATCH for any news about ongoing programs at WRCC or email @ courtney.losi@cityofboston.gov or jesse.deforge@cityofboston.gov to be added to our email list for updates!

Adult Programs

Morning Yoga

Tuition: \$60 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00–10:15am

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00–10:15am

Instructor: JoAnn Arone**Yoga For Adults****Tuition: \$60 per session**

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson**Beginning Yoga for Adults****Tuition: \$60 per seven week session**

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction. Perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45-7pm
YBA2	1	Adult	Tuesday	7:15-8:30pm
YBA3	1	Adult	Thursday	7:30-8:45pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45-7pm
YBA5	2	Adult	Tuesday	7:15-8:30pm
YBA6	2	Adult	Thursday	7:30-8:45pm

Instructor: Raven Sadhaka Seltzer**Low-Impact Chakra Dance for Adults****Tuition: \$60 per seven week session**

Join Raven for a fun, low-impact workout to a great world music soundtrack as we move and dance our way through the chakras [energy centers] of the body each week. This class is suitable for anyone; you can go at your own pace and there will be modifications offered for any joint pain/injuries.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
CHD1	1	Adult	Thursday	6:00-7pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
CHD2	1	Adult	Thursday	6:00-7pm

nstructor: Raven Sadhaka Seltzer**Zumba****Tuition: \$60 per seven week session**

Zumba is a high-impact dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30-8:30pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
ZUM2	2	Adult	Wednesday	7:30-8:30pm

Instructor: MaryJane Bernazzani

Knitting for Adults

Tuition: \$50 per seven week session

Come learn how to knit and purl for beginners

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30 pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30 pm

Instructor: Jean Shaw

Bridge Group

Join us for a great game of bridge with new or old friends!

Wednesdays 10:30am

Senior Programs

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies, 'Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more!

Wear comfortable clothing and sneakers. **(Registration not required.)**

Every Monday 11:15-12:15pm

Instructor: Nancy DiDuca

Yoga for Seniors

Tuition: \$50 per seven week session meets 2 days per week

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues&Thurs	10:30-11:30am
SY2	1	Senior	Tues&Thurs	11:30-12:30pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:30-11:30am
SY4	2	Senior	Tues&Thurs	11:30-12:30pm

Instructor: JoAnn Arone

Yoga for Seniors

Tuition: \$50 per seven week session meets 1 day per week

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2pm-3pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2pm-3pm

Instructor: JoAnn Arone

Tai Chi for Seniors

Tuition: \$30 per seven week session

Learn ways to maximize your energy, balance and stability with this gentle 8 movement tai chi short form. Increase circulation and reduce stress.

Session 1 begins the week of September 17, 2012

Code	Session	Ages	Day	Time
TC1	1	Senior	Thursday	12:45 – 1:45 pm

Session 2 begins the week of November 5, 2012

Code	Session	Ages	Day	Time
TC2	2	Senior	Thursday	12:45 – 1:45 pm

Instructor: Kathleen Ahern

Senior Walking Club

Join your friends on Friday afternoons 1 – 2 pm for a walk in our gym. Great for when the weather outside does not cooperate!
Fridays 1 – 2 pm

Men's Pinoche Group

Enjoy a game of pinochle and meet some new friends at our Pinochle group.
Monday-Thursday 11:00am

Senior Book Club

Come join us the 3rd Thursday of each month at 11:30 am beginning September 20th, 2012 to discuss our book of the month. Bring your own coffee and snack! Call the front desk at 617-635-5066 for book selection each month

Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the Roche Family Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at (617) 522-6700.

Special Wednesday Luncheons*

Tuition: \$5
Lunch will be served at noon. Participants must register in person at the Roche Center. Space is limited.

Thanksgiving Day Luncheon November 14th
Holiday Luncheon December 12th

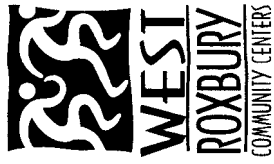
***Must be current member of WRCC to register for Special Wednesday Luncheons.**

Foxwoods Trips

Seniors will leave from the Roche Center promptly at 7:45am.

Fee: \$25

Code	Session	Day	Time
FOX1	Seniors	Monday, 10/1/2012	7:45am-6pm
FOX2	Seniors	Monday, 12/3/2012	7:45am-6pm



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